

Susan Raatz PhD,MPH,RD
Research Nutritionist USDA,ARS
Grand Forks Human Nutrition Research Center

Dietary Fatty Acid Epidemiology: Nutritional Adequacy and Health Outcomes

Many of the assumptions held about dietary fat are based on research done with total dietary fat or fatty acid classes. However, individual fatty acids have specific metabolic actions which need to be considered when evaluating the impact of fat intake on health and disease outcomes. Here is presented our research outcomes from two epidemiological evaluations of dietary fat intake: 1) an examination of the trends in reported intake of linoleic acid from 1999-2014 using data from the National Health and Nutrition Examination Survey (NHANES), and 2) a prediction of the extent to which intake of fatty acids will change based on replacement of soy oil and canola oil with HOSO and HOCO in the diet by modeling reported dietary intake of from the 2007-2014 NHANES.